

Recipe templates

Oatmeal Cookies

- 1 cup butter (or shortening)
 - 1 cup brown sugar
 - $\frac{1}{4}$ cup boiling water in which is dissolved 1 tsp. soda
 - 2 cups Quaker oats
 - 2 cups sifted flour
 - 1 tsp. salt
- Drop by spoonful on greased cookie sheet. Flatten with fork. Bake at 375° for about 10 minutes.

BREAKFAST TEMPLATES

BREAKFAST TEMPLATES

This section demonstrates how grains, eggs and fruit, key ingredients in a typical breakfast, can be transformed into something more special.

OATS - HOT STUFF

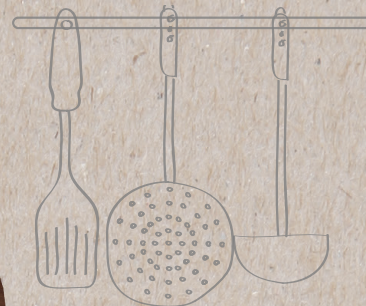
- * Nuts and Raisins
- * Hot Apple

Tomato, Mushroom
and Fresh Basil Frittata

Quinoa with Fresh Fruit

Top Tip

To expand the number of variations experiment with other grains eg. millet, fruits, nuts and seeds



Oatmeal - hot stuff!

Prep and Cook Time: 10 minutes

Serves 2

(i) Nuts & Raisins

INSTRUCTIONS:

1. Bring water to the boil in a saucepan, then turn the heat to low and add the oats.
2. Cook for about 5 minutes, stirring regularly so that the oatmeal doesn't clump. Add cinnamon, raisins and almonds, stir, cover the pan and turn off heat. Let sit for 5 minutes. Add flaxseed and serve with skimmed milk or soymilk.



Section 2 Recipe Templates

INGREDIENTS:

- 1 cup jumbo rolled oats
- 2 cups water
- 1/2 tsp cinnamon
- 1/4 cup raisins
- 1/4 cup sliced almonds
- 1 cup soymilk or skimmed milk
- 1 tsp flaxseed



raisins

EAT

Section 2 Recipe Templates

INGREDIENTS

4tbsp jumbo oats

1/2 cup water

2 tbsp yoghurt

1 apple

1/2 tsp cinnamon or
ground cloves



(ii) Hot apple

INSTRUCTIONS:

1. Put oats in saucepan, pouring water on top. Allow to stand.
2. Meanwhile grate the apple - a few slices may be kept back as a garnish.
3. Add grated apple to oats and cook the mixture over a low heat until it is simmering continue until oats have softened.
4. Divide into two bowls, top with tbsp of yoghurt, and cinnamon/cloves and garnish with a few apple slices.

DID YOU KNOW?

'True' or Ceylon cinnamon comes from Sri Lanka. Most 'cinnamon' is cassia which contains significant quantities of coumarin. This can be toxic to the liver when consumed regularly, so choose Sri Lankan or Ceylon cinnamon where possible!



Tomato, Mushroom, and Fresh Basil Frittata

Prep and Cook Time: 20 minutes

Serves 2

INSTRUCTIONS:

1. Finely chop onions and garlic and let sit for 5-10 minutes.
2. Heat 1 tbsp water in a non-stick pan. Saute onion over a low heat for 3 minutes, stirring frequently.
3. Add garlic, pepper and mushrooms and continue to sauté for another 2 minutes.
4. Add tomato, spinach, cayenne pepper, paprika, and freshly ground black pepper, stir well, and cook for another minute.
5. Beat eggs well, and season with pepper. Mix in chopped basil. Pour eggs over vegetables evenly and turn heat to low. Cover and cook for about 10 minutes, or until egg has set. Cut into wedges and serve immediately.

Top Tip
Refrigerate one serving to eat cold as a quick, satisfying snack - keeps in fridge for up to 2 days!

Section 2 Recipe Templates

INGREDIENTS:

1 medium onion, chopped
1 orange bell pepper, seeded and cut into strips
3 medium garlic cloves, chopped
2 medium tomatoes, peeled and chopped
1/2 cup thinly sliced mushrooms
3 large eggs
3 tbsp chopped fresh basil
160g/6oz fresh spinach, rinsed and torn
Pinch cayenne pepper
1/2 tsp paprika (optional)
Freshly ground black pepper to taste



basil



Section 2 Recipe Templates

INGREDIENTS:

QUINOA (page 20)

1/2 cup quinoa

1 cup water

TOPPING

1/2 cup rolled oats

1/2 cup blueberries or
raspberries or peach slices
(or mixture)

2 tbsp pumpkin seeds

2 tbsp sliced almonds

1/2 cup skimmed milk or
dairy-free milk alternative
(eg. soy, rice, or oat milk)

pumpkin
seeds



Quinoa Cereal with Fresh Fruit

Prep and Cook Time: 20 minutes

Serves 2

INSTRUCTIONS:

PREPARING QUINOA

1. Place well-rinsed quinoa with water and salt in a saucepan, cover and bring to a boil.
2. Turn the heat to low, keep covered, and simmer for 15 minutes.

QUINOA BREAKFAST

1. Divide cooked quinoa between two bowls, adding the rolled oats on top.
2. Top each bowl with blueberries, pumpkin seeds and almonds.
3. Serve with skimmed milk or milk alternative.

Need your breakfast on the go?

See page 57 for 'Smooth Fruit' recipe.

Section 2 Recipe Templates

The Basics

Suggested ingredient exchanges or additions to the following meal templates, for variation and personalisation, are based on the following guidelines:

INCLUSION OF RANGE OF VEGETABLES AND FRUITS

1. Nutrition - Eat a rainbow
(see *Reference Guide 4* page 72)
2. Seasonality
3. Preference

PROTEIN SOURCE

Choose from:

Fish - especially oily
Chicken/turkey
Lean red meat.



Vegetarian sources - Beans, chickpeas, lentils (pulses/legumes); Quinoa - complete protein source (page 20); tofu; nuts and seeds.

HEALTHY FAT SOURCE

For example extra-virgin olive oil in cold dishes, avocado, walnuts, oily fish eg. salmon, trout, sardines and flaxseeds.

See over...

ADAPTING THE MEAL TEMPLATES

MEAL TEMPLATES

How do I incorporate fresh produce into meals in an interesting, fun, easy, and tasty way? Read on...



Section 2 Recipe Templates

mint



Top Tip

Broaden your experience...

Try to eat one new food every week.

This should be a vegetable, fruit, grain, pulse/legume or herb.



basil

The Basics (continued)

USE OF HERBS AND SPICES

'Hot and Spicy' eg. turmeric, cumin, cardamom, paprika, chilli, coriander.

'Cool and Refreshing' eg. mint, lemon grass, mixed herbs eg. oregano and fennel.

Use these guidelines to make further recipe changes to the templates to suit your preferences and what's in your fridge.

DID YOU KNOW?

Complex carbohydrates are found in both starchy foods eg. grains and potatoes, and fruits and vegetables. These food groups should form the basis of your diet so ensure that adequate amounts of fibre-packed fruits and vegetables are included in your diet, along with the 'template specific' starchy carbohydrate.



fennel

MEAL TEMPLATES

QUINOA

- Quinoa Tabouleh
- Quinoa Risotto with Rocket

RICE

- Spring Vegetable Pilau
- Spicy Rice with Tomatoes and Spinach
- Wild Rice with Cucumber and Orange

PASTA

- Fresh Tomato and Olive Spaghetti
- Fish and Herbed Pasta Salad

COUS COUS

- Moroccan Fish Dish
- Cous cous Salad

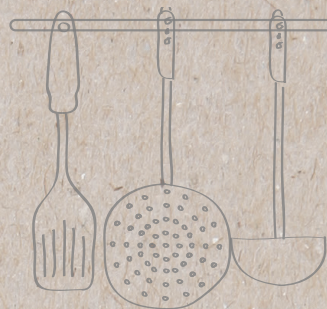
POTATOES/SWEET POTATOES

- Hot-filled Baked Potato
- Sweet Potato and Bean Salad

BREAD

- Spelt Olive Loaf
- Vegetable Chilli
- Soup Base
- Salads - Mediterranean Kidney Bean Salad
- Herby Salad

Section 2 Recipe Templates



QUINOA TEMPLATE

NUTRITION PROFILE

Quinoa	Per 100g
Calories	120kcal
Carbohydrate	21g
Sugars	0g
Fat	2g
Saturates	0g
Protein	4g
Fibre	3g
Sodium	7mg

Quinoa Template

DESCRIPTION

Quinoa (pronounced keen-wah) is actually a seed, not a grain. It is grown in the Andes and is unique in that it contains all the essential amino acids your body needs for growth and repair. It is available in most supermarkets today, as well as any health food shop. It also comes in a red variety.

HOW TO COOK

Rinse under cold water. Combine one volume of quinoa to 2 volumes of water and bring to the boil. Simmer, cover and cook for 15 minutes until all the water is absorbed and the quinoa is tender.

When ready, the quinoa turns from white to transparent and the spiral-like germ of the seed separates.



Section 2 Recipe Templates

Quinoa Tabouleh

Prep and Cook Time: 20 minutes

Serves 2

INSTRUCTIONS:

1. Pour water into a saucepan. Add quinoa; bring to the boil. Reduce heat to a simmer and cover. Cook for 10 to 15 minutes, or until all the water has been absorbed.
2. Add prepared vegetables, herbs, ginger spice, lemon juice, and olive oil to cooked quinoa. Mix well. Season with black pepper.
3. Let tabouleh sit in the refrigerator for a few hours to allow flavours to blend. Serve at room temperature.

SUGGESTIONS

Add diced mango, avocado and/or pumpkin seeds.
Experiment with preferred vegetables, herbs and spices.
Serve with fish or chicken or add a small handful of chopped mixed nuts.

ginger



spring onion



INGREDIENTS:

- 1/2 cup Quinoa
- 1 cup water
- 3 medium ripe tomatoes, finely chopped
- 1 small bunch fresh parsley, chopped
- 2.5cm/1" square of fresh root ginger, finely chopped
- 1/2 small cucumber, finely chopped
- 2 spring onions, finely chopped diagonally
- 1 red onion, finely chopped
- 1 yellow or orange bell pepper, seeded and finely chopped
- 2 tbsp fresh mint
- 1 tsp mixed dried herbs
- Juice of 1/2 lemon
- 1 tbsp olive oil
- Handful of rocket leaves
- Freshly ground black pepper

Section 2 Recipe Templates

SUGGESTIONS

Replace quinoa with short-grain brown rice.

Add bell peppers (eg. red and yellow) finely chopped, for a splash of colour.

Serve with mixed beans or chicken.

INGREDIENTS:

1 tbsp olive oil
1/2 yellow onion, chopped
1 garlic clove, crushed
185g/7oz quinoa, well rinsed
560ml/19fl oz vegetable stock, low salt
250g/9oz chopped stemmed rocket
1 small carrot, peeled and finely shredded
45g/2oz thinly sliced mushrooms
1/4 tsp freshly ground black pepper

Quinoa Rissotto with Rocket

Prep and Cook Time: 30 minutes

Serves 2

INSTRUCTIONS:

1. In a large saucepan, heat the olive oil over a medium heat. Add the onion and sauté (fry briefly over high heat) until soft and translucent (about 4 minutes). Add the garlic and quinoa and cook for about 1 minute, stirring occasionally. Do not let the garlic brown.
2. Add the stock and bring to the boil. Reduce the heat to low and simmer until the quinoa is almost tender to the bite but slightly hard in the centre (about 12 minutes). The mixture will be brothy. Stir in the rocket, carrot, and mushrooms and simmer until the quinoa grains have turned from white to translucent (about 2 minutes longer).
3. Season with black pepper and serve immediately.

rocket



Rice Template

DESCRIPTION

Wholegrain or brown rice is an easily digested grain, rich in fibre, B vitamins and minerals including manganese, selenium, and magnesium. This contrasts with the low nutritional value of white rice which has been processed to remove the nutritious outer bran and germ layers, producing a refined starchy food. Brown rice has a pleasant nutty flavour and is readily available as short grain, long grain, and basmati varieties.

HOW TO COOK

Rinse under cold water. Combine one part rice to 2 parts water and bring to the boil. Simmer, cover and cook for 20-25 minutes until all the water is absorbed and the rice is tender.

NUTRITION PROFILE

Wholegrain Rice	Per 100g
Calories	141kcal
Carbohydrate	32.1g
Sugars	0.5g
Fat	1.1g
Saturates	0.3g
Protein	2.6g
Fibre	0.8g
Sodium	1mg

RICE TEMPLATE



Section 2 Recipe Templates

Top Tip
Keep a few
extra portions
in the fridge
for a quick and
tasty lunch.

INGREDIENTS:

1 tbsp olive oil
1 red onion, chopped
4 garlic cloves, chopped
300g/11oz brown rice
700ml/25 fl oz vegetable
stock
100g/4oz asparagus, cut into
2cm/1" chunks
Large handful of peas, fresh
or frozen
Large handful of broad
beans, fresh or frozen
1 courgette, sliced
Small bunch of dill, chopped
Freshly ground black pepper



dill

Spring Vegetable Pilau

Prep and Cook Time: 30 minutes

Serves 4

INSTRUCTIONS:

1. Cook the onion in a little water (tbsp) for 5 minutes until soft. Tip in the rice and stir in the stock. Bring to the boil, then lower the heat to a simmer. Cover and cook for 20 minutes or until the rice is almost tender.
2. Add the vegetables to the pan, cover and let them steam for 2 minutes. Take the pan off the heat and leave to stand, covered, for another 2 minutes to absorb any more liquid. Stir in olive oil and the dill just before serving.

SUGGESTIONS!

Add extra colour using vegetables of your choice eg. tomatoes.

Serve with fish or chicken.

Vary the herbs eg. add a small bunch of chopped parsley, and tablespoon of mixed dried herbs.

Section 2 Recipe Templates

Wild Rice with Cucumber and Orange

Prep and Cook Time: 30 minutes
Serves 4



wild rice

INSTRUCTIONS:

1. Add rinsed rice to boiling water, turn to low heat and simmer for 20-25 minutes.
2. Mix vegetables in with the rice and add dressing. Season with freshly ground black pepper according to taste.

EXTRA PORTIONS?

Let stand for 30 minutes-1 hour (or until cold, whichever is the sooner) then refrigerate. Will keep for up to 2 days.

MAKE IT YOUR OWN!

Add a variety of herbs and spices according to preference. For example, like it hot? Add your own preferred mix of paprika, chilli, coriander and cumin, or 'keep it cool' with mint and lemon grass.



SUGGESTIONS

Serve with fish
eg. salmon or
chicken or add some
mixed nuts or beans.

INGREDIENTS:

25g/1oz wild rice
200g/7oz wholegrain rice
850mls/30fl oz water
3 peppers (red, yellow, orange),
thinly sliced
1/2 cucumber, halved
lengthwise, thinly sliced
1 orange, peeled, pithed
and cubed
3 ripe tomatoes, diced
1 red onion, finely chopped
1 small bunch flat-leaf parsley,
chopped

DRESSING

3 garlic cloves
Freshly ground black pepper
2 tbsp extra-virgin olive oil

Section 2 Recipe Templates



spinach

SUGGESTIONS

Serve with dressed herby salad (pg 44) or add your own version of a leafy salad.

Experiment with different vegetables, finely diced for added colour and texture.

INGREDIENTS:

30ml/1fl oz vegetable oil or water
1 onion, chopped
2 garlic cloves, crushed
3 tomatoes, peeled, seeded, chopped
225g/8oz brown rice
1tsp ground coriander
1tsp ground cumin
2 carrots, coarsely grated
900ml/30fl oz vegetable stock
275g/10oz spinach leaves, washed
50g/2oz unsalted cashew nuts
Ground black pepper

Spicy Rice with Tomatoes and Spinach

Prep and Cook Time: 50 minutes, Serves 2

INSTRUCTIONS:

1. Heat the vegetable oil or water in a large pot and gently fry the chopped onion and garlic for 5 minutes until softened. Add the chopped tomatoes and cook for a further 3-4 minutes, stirring until slightly thickened.
2. Add the rice to the pot and cook gently for 1-2 minutes, stirring until the rice is coated with the tomato and onion mixture.
3. Stir in the coriander and cumin, then add the grated carrots and season with pepper. Pour in the stock and stir well to mix.
4. Bring to the boil, then cover tightly and simmer over a very gentle heat for 20-25 minutes until the rice is tender.
5. Lay the spinach on the surface of the rice, cover again and cook for 2-3 minutes until the spinach is wilted. Fold the spinach into the rest of the rice and check the seasoning. Sprinkle with cashew nuts and serve.

cumin



Pasta and Noodle Template

DESCRIPTION

Pasta (Italian for 'dough') is commonly purchased in its dried form, made from durum wheat flour mixed with water. Freshly made pasta includes eggs and keeps for a few days in the refrigerator, while the more popular dried variety will keep up to two years. Pasta may also be made from other grains including rice, buckwheat, spelt, and corn, and coloured with natural colourings from a range of foods and spices, including turmeric (yellow), spinach (green), and beetroot (red). There are over 3500 different pasta shapes. These include irregular shaped (eg. gnocchi), stuffed (eg. cannelloni), decorative (farfalle), short cut (eg. penne), minute or micro (eg. orzo), ribbon-cut (eg. linguine), and long extruded (eg. spaghetti).

HOW TO COOK

Pasta is generally boiled in preparation for consumption, according to the packet instructions. Higher fibre versions take longer than the more refined varieties (approximately 10 minutes). Pasta made from rice flour, spelt or buckwheat usually require shorter cooking times (approximately 5-6 minutes).

PASTA & NOODLE TEMPLATE

NUTRITION PROFILE	
Wholegrain pasta	Per 100g
Calories	113kcal
Carbohydrate	23.2g
Sugars	1.3g
Fat	0.9g
Saturates	0.1g
Protein	4.7g
Fibre	3.5g
Sodium	45mg



Section 2 Recipe Templates

INGREDIENTS:

350g/12oz wholegrain spaghetti

1 tbsp vegetable oil

2 garlic cloves, finely chopped

1 red onion, chopped

400g/14oz plum tomatoes, canned or fresh (chopped)

100g/4oz pitted black olives, roughly chopped

2 tbsp fresh chopped parsley

Few fresh basil leaves, torn to garnish

Freshly ground black pepper

parsley



Tomato and Olive Spaghetti

Prep and Cook Time: 15 minutes

Serves 4

INSTRUCTIONS:

1. Stir the spaghetti into a large pan of boiling water and cook for 12-15 minutes until just tender.
2. Meanwhile, heat the oil in a pan and cook the garlic and onion for 2 minutes. Tip in the tomatoes and cook for 5-7 minutes, breaking them with a wooden spoon. Stir in the olives and cook for a further 5 minutes. Season to taste and stir in the parsley.
3. Drain the pasta well and return to the pan. Stir in the sauce, divide between warmed bowls, garnish with torn basil and serve.

SUGGESTIONS

Replace wholegrain spaghetti with buckwheat noodles. Add mixed beans. Spice up with a hint of chilli (fresh or dried flakes). Add diced bell peppers. Make into a soup, adding more water to the 'sauce' component and breaking up dried spaghetti into the pot, allowing spaghetti to cook in soup mixture.

Section 2 Recipe Templates

Fish & Herbed Pasta Salad

Prep and Cook Time: 15 minutes

Serves 4

INSTRUCTIONS:

Add prepared vegetables to cooked pasta, toss and add dressing. Mix well and season with freshly ground black pepper to taste.

SUGGESTIONS

Use rice pasta, or buckwheat noodles as an alternative to wholewheat. Follow cooking instructions on packet.

Add 'greens' according to preference and availability eg. fresh rocket leaves or spinach.



mackerel



rocket



spinach

INGREDIENTS:

200g/7oz cooked wholegrain pasta (eg. fusilli (spirals), conchiglie (shells) or penne (quills))

3 peppers (red, orange, yellow), diced

1 large red onion

4 medium tomatoes,

200g/7oz canned fish eg. mackerel, sardines, salmon (wild if possible) or fresh cooked oily fish

DRESSING

3 tbsp extra-virgin olive oil

1 tbsp lime juice

1 tsp mustard

4 tbsp chopped fresh basil

Section 2 Recipe Templates

COUS COUS TEMPLATE

NUTRITION PROFILE

Cous Cous	Per 100g
Calories	112kcal
Carbohydrate	23g
Sugars	0g
Fat	0g
Saturates	0g
Protein	4g
Fibre	1g
Sodium	5mg

cous cous

Cous Cous Template

DESCRIPTION

Cous cous consists of spherical granules made by rolling and shaping moistened semolina wheat and coating with finely ground wheat flour. The cous cous available on our supermarket shelves is the more processed, quick-cook variety which has been pre-steamed and dried. A barley variety is also available for those who can't tolerate wheat.

HOW TO COOK

Cous cous is very easy and quick to prepare. Simply add water (according to cooking instructions) cover and leave for 5-10 minutes. Then fluff up with a fork.

Moroccan Fish Dish

Prep and Cook Time: 1 hour 15 minutes
(+1 hour to marinade fish)
Serves 2

INSTRUCTIONS:

1. Mix harissa ingredients to a smooth paste using a hand mixer and add 2 tbsp to the fish, tossing and coating. Cover fish and chill for at least an hour.
2. Heat onions in a little water or vegetable stock for about 10 minutes. Stir in remaining harissa. Cook for 5 minutes on low heat, stirring occasionally.
3. Fry aubergines in a little water or avocado oil (1 tbsp) for 10 minutes. Add courgette and fry for a further 2 minutes.
4. Combine aubergine mixture with the onions and add the chopped tomatoes. Bring to the boil, then reduce heat and simmer for 20 minutes.
5. Stir fish into the pan and add olives, stirring gently. Cover and simmer for 15-20 minutes or until fish is cooked through. Season to taste and stir in chopped coriander.
6. Serve immediately with cous cous and garnish with sprigs of coriander.



coriander



chillies

INGREDIENTS:

1/2 cup cous cous
2 cups water
450g/16oz firm fish fillets eg.
monkfish, skinned and cut into
5cm cubes
2 tbsp vegetable oil
2 onions, chopped
1 small aubergine
(cut into 1cm cubes)
1 courgette (cut into 1cm cubes)
4 large tomatoes (chopped)
50g/2oz black olives
3 tbsp fresh coriander (chopped)
Freshly ground black pepper
Coriander springs, to garnish

HARISSA

1 fresh red chilli
(seeded and chopped)
3 garlic cloves,
(chopped)
1 tsp ground
coriander
2 tsp ground cumin
1/2 tsp ground
cinnamon
Rind of 1 lemon
(grated)

Section 2 Recipe Templates

INGREDIENTS:

1/2 cup of cous cous
2 cups water
10 black olives, halved
1 small courgette, cut into matchsticks
10 cherry tomatoes, halved
25g/1oz mixed seeds
eg. pumpkin, sesame
2 tbsp olive oil
1 tbsp lemon juice
1 tbsp fresh coriander, chopped
1 tbsp fresh parsley, chopped
1/2 tsp paprika
1/2 tsp cumin
Freshly ground black pepper

Cous Cous Salad

Prep and Cook Time: 20 minutes

Serves 2

INSTRUCTIONS:

1. Pour boiling water over cous cous in heat proof mixing bowl and leave to stand for 5-10 minutes. Once all the water has been absorbed, fluff up with a fork.
2. Add olives, courgette, cherry tomatoes, and mixed seeds to the bowl and mix gently.
3. Blend olive oil, lemon juice, herbs and spices and pour over cous cous. Stir gently to combine and season dish with black pepper.

paprika



SUGGESTIONS

Supplement or replace the seeds with chopped mixed nuts or add chickpeas.

Serve with oily fish
eg. salmon, trout.

chick
peas



Potato or Sweet Potato Template

DESCRIPTION

Potatoes are a starchy carbohydrate, and good source of fibre when cooked in their skins. There are numerous varieties, with different characteristics making them suitable for different uses. Uses are largely dependent on the degree of waxiness or flouriness; waxy potatoes holding their shape well during cooking, and floury potatoes more likely to crumble. Examples of varieties and their uses include, Maris Piper for baking, King Edward for boiling/mashing, chipping and roasting, and Charlotte for salads.

Sweet potatoes can be cooked much in the same way as regular potatoes but with the added advantage of being rich in beta-carotene, a powerful antioxidant and precursor for Vitamin A.



HOW TO COOK

The dietary value of potatoes is mainly dependent on the cooking method. The potato remains a low-fat food when boiled (15-20 minutes until soft) or baked (180°C for approx 1 hour). However, roasting, and in particular deep-frying, significantly increases the fat content. Moreover, the thinner the chip the higher the fat content, making chunkier chips a better option when frying.

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POTATO OR SWEET POTATO TEMPLATE

NUTRITION PROFILE

Potato	Per 100g
Calories	86kcal
Carbohydrate	20g
Sugars	1g
Fat	0g
Saturates	0g
Protein	2g
Fibre	2g
Sodium	5mg

Sweet Potato	Per 100g
Calories	76kcal
Carbohydrate	18g
Sugars	6g
Fat	0g
Saturates	0g
Protein	1g
Fibre	3g
Sodium	27mg

Section 2 Recipe Templates

INGREDIENTS:

4 Sweet potatoes or White Potatoes
(King Edward)

FILLING: SPICY CHICKPEAS

1 tbsp vegetable oil
1 large onion, finely chopped
4 garlic cloves, finely chopped
3cm/1" piece fresh ginger, finely chopped
2 tsp ground cumin
1 tsp ground turmeric
200g/7oz can of chopped tomatoes
1 red bell pepper, seeded and finely chopped
300ml/10fl oz vegetable stock (reduced salt)
1 tbsp tomato puree
450g/16oz fresh spinach, rinsed and
torn roughly
400g/14oz can chickpeas (in water), drained
3 tbsp coriander, chopped
Freshly ground black pepper

Hot-filled Baked Potato

Prep and Cook Time: 1 hour 15 minutes
Serves 4

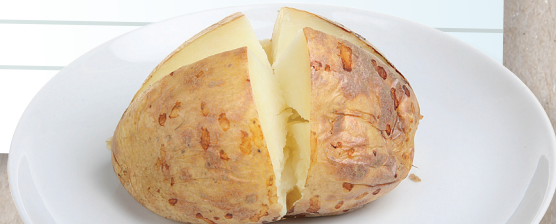
INSTRUCTIONS:

POTATO

1. Scrub the surface of the potatoes with a vegetable brush under running water, and rinse. Pat dry and prick several times with a fork.
2. Place in oven on a baking tray at 180°C for 1 hour. Cooked baked potatoes should be crisp on the outside and give a little when squeezed. If not fully cooked, continue to bake for a further 15 minutes and check again.

FILLING

1. Heat vegetable oil and gently cook the onion, garlic, ginger, and chilli over a low heat for 5 minutes or until the onion is soft.



Section 2 Recipe Templates

2. Stir in the cumin and turmeric spices, continuing to stir for about 1 minute.
3. Add the tomatoes and pepper and stir to coat with the spice mixture. Pour in the vegetable stock and add tomato puree. Bring to the boil, lower the heat, cover and simmer for 15 minutes.
4. Stir in spinach and chickpeas, cover and cook for a further 5 minutes.

ASSEMBLY

Slit baked potato and add chickpea filling. Garnish with fresh coriander and serve immediately.



SUGGESTIONS

Use freshly cooked chicken strips in place of the chickpeas.
Add a herby salad with nuts and seeds to complete the meal.

Top Tip

Use any extra portions of spicy chickpeas with rice, cous cous or quinoa for a satisfying meal.



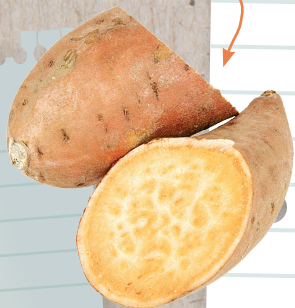
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INGREDIENTS:

- 1 sweet potato, cooked
- 3 baby carrots, steamed
- 3 tomatoes
- 2 celery sticks, chopped
- 400g/14oz mixed beans (in water), drained
- 100g/4oz mixed salad leaves eg. rocket
- 1 tbsp mixed herbs
- 1 red onion
- 1 spring onion

DRESSING

- 2 tbsp lemon juice
- 2 garlic cloves
- 2 tbsp olive oil
- Freshly ground black pepper



sweet potato

Sweet Potato and Bean Salad

Prep and Cook Time: 30 minutes

Serves 2

INSTRUCTIONS:

Combine all ingredients and serve, garnished with coriander.



SUGGESTIONS

- Serve with a fresh green salad (page 44).
- Add sliced avocado.

Top Tip

Reduce intestinal gas associated with eating beans by rinsing them in running water before eating or cooking.



BREAD
TEMPLATE

Section 2 Recipe Templates

BREAD TEMPLATE

HOW TO SERVE

Breads are great served with **spicy dishes, soups,** and **salads** as an alternative starchy carbohydrate to other grains such as rice.



Bread template

DESCRIPTION

Bread is commonly recognised as a wheat-based product which has been yeast-raised. However, breads made with other flours such as spelt, rye, rice and oats or a mixture of these are now readily available. The flour from these grains contains little or no gluten (protein needed to enable bread to rise) and therefore needs to be combined with wheat flour to ensure an acceptable texture. Similarly, wholegrain flours ie non-refined flours, including those from wheat, can affect rise and hence texture, resulting in a denser loaf. However, wholegrain options have significantly higher levels of fibre; excellent for the health of the digestive system.

Flat breads such as pitta and focaccia are gaining in popularity with some varieties available as wholegrain options eg. pitta. In general, flat breads tend to incorporate more optional ingredients than standard breads, for example, sundried tomatoes, chives, herbs, black pepper, cumin, and olives.

Mass-produced breads are a major contributor of salt in the diet. Fresh home-baked breads allow more control over ingredients and their usage, and can be a healthier option in this respect.

FRESH

Section 2 Recipe Templates

Spelt Olive Loaf

Prep and Cook Time: 2 hours 20 minutes

INSTRUCTIONS:

1. Mix together flour, salt and quick yeast in a large bowl.
2. Measure the water and roughly mix it into the flour.
3. While dough is still 'craggy' add the oil and knead well until smooth and pliable
4. Leave dough in bowl covered with a damp cloth, in a draught-free place, until dough doubles in size.
5. Turn dough over onto a floured surface, add the black olives and knead firmly for several minutes.
6. Shape the dough and put into a 1kg bread tin. Alternatively the dough may be placed on a lightly oiled baking tray.
7. Cover allow dough to rise for about 25 minutes in a warm place.
8. Bake in pre-heated oven at 220°C for 35-40 minutes.
9. Carefully remove from tin and allow to cool on a rack.

INGREDIENTS:

250g/9oz wholegrain
spelt flour
1/4 tsp salt
1 tsp quick yeast
1/2 tsp sugar
175ml/6fl oz warm
water
3 tbsp olive oil
75g/3oz pitted
black olives

Top Tip

Check the backs of 1kg flour bags for other bread recipes to give ideas on how to use a range of flours and make more unusual breads.

Nothing quite beats the smell of freshly baked bread. If you've never tried baking your own before, here's a quick and easy recipe to get you started. This one has an added Mediterranean theme from the olives and makes a savoury addition to any meal or tastes equally great on its own!

Section 2 Recipe Templates

INGREDIENTS:

- 2 bell peppers cut into rough chunks
- 3 cloves of garlic, chopped roughly
- 1 tsp of ground cumin
- 2 fresh chillies or pinch of dried chillies
- 1 onion, coarsely chopped
- 1 aubergine, cut into rough chunks
- 150g/5oz cherry tomatoes
- 150g/5oz of baby spinach leaves, washed well
- 1 can kidney beans (in water)
- 2 tbsp avocado oil
- Lime, quartered for garnish

aubergines



dried chillies

SUGGESTIONS

Serve with fresh homemade bread or wholegrain rice.

Add some fennel seeds to alleviate intestinal gas associated with beans.

Vegetable Chilli

Prep and Cook Time: 50 minutes
Serves 2

INSTRUCTIONS:

1. Add oil to pan and heat. Cook the aubergine and peppers for a few minutes.
2. Season with cumin and crushed chillies according to taste.
3. Remove from pan and put to one side.
4. Add onion to the pan and cook for a few minutes in avocado oil (1 tbsp), then add garlic and chillies and cook for a further few minutes.
5. Add cherry tomatoes, aubergine and peppers and a little water.
6. Bring to the boil and add drained beans.
7. Reduce heat and simmer gently for 15-20 minutes -aiming for a bit of a 'gooey', texture.
8. Turn off the heat and stir in the spinach leaves.

Section 2 Recipe Templates

Soup Base

Use this one basic recipe and supplement with a range of vegetable combinations.

Pre and Cook Time: 40 minutes

Serves 5

INSTRUCTIONS:

1. Heat the oil in a large pot.
2. Add the onion, celery and garlic and cook over a low heat until tender. Add the leek and potato (or sweet potato) and cook for a further 5 minutes.
3. Pour over the boiling water and simmer for 20 minutes. Blend the soup in a processor or using a hand blender.

SOUP OPTIONS

Add the following combinations to the 'basic soup' according to preference:

1. Peas, spinach, courgette, parsley.
2. Plum tomatoes, buckwheat noodles, French beans, carrots.
3. Mixed beans, tomatoes, peppers, lentils.

FEELING CONFIDENT?

Combine your own soup using up your favourite fresh vegetables!

INGREDIENTS:

- 1 tbsp vegetable oil
- 1 red onion
- 1 garlic bulb
- 1 leek
- 2 sticks of celery
- 1 potato or sweet potato
- 1 tsp fennel seeds (optional)
- 600ml/21fl oz boiling water
- Freshly ground black pepper

Top Tip
Add Herbs and Spices for a full flavour experience!
(See page 105.)



red lentils



parsley



Section 2 Recipe Templates

Mediterranean Kidney Bean Salad

Prep Time: 15 minutes

Serves 2

INSTRUCTIONS:

1. Combine all ingredients and toss with 1/2 cup Mediterranean Dressing.

MEDITERRANEAN DRESSING

2. Chop or crush garlic and let it sit for 5-10 minutes.
3. Whisk together the lemon juice, garlic, black pepper, and extra virgin olive oil.
4. The dressing will store in the refrigerator for up to 10 days. It will solidify so you will need to bring it back to room temperature before using.

ADDED VALUE DRESSING

Try any of the following for extra taste and nutrition: chopped basil, coriander, cumin, or finely diced avocado.

avocado



INGREDIENTS:

- 1 'ear' of sweetcorn
- 1/4 cup finely chopped red onion
- 400g/14oz can kidney beans (in water), rinsed and drained
- 2 medium tomatoes, chopped
- 1 small bunch fresh parsley or coriander, chopped
- Serve with fresh homemade bread

MEDITERRANEAN DRESSING

- 4-5 garlic cloves, chopped or crushed
- 2 tbsps extra virgin olive oil
- 1/3 cup fresh lemon juice
- Freshly ground black pepper



Section 2 Recipe Templates

INGREDIENTS:

1/2 cup fresh herbs
eg. chervil, dill, basil, flat
leaf parsley, mint, fennel,
coriander

350g/12oz mixed
salad leaves eg. rocket,
watercress, baby spinach,
oakleaf lettuce, radicchio,
chicory

DRESSING

2 tbsp extra-virgin olive oil
1 tbsp lemon juice
Freshly ground black pepper



chervil

Herby Salad

Prep Time: 5 minutes

Serves 2

INSTRUCTIONS:

1. Wash the herbs and leaves under running water, pat dry and place in a large bowl.
2. Add the dressing to the salad, gently tossing the leaves to mix the ingredients
3. Season with black pepper and serve immediately.

ALTERNATIVES

Want to make a salad dish more substantial?

1. Choose from avocado, olives, fish or chicken.
2. Choose from chickpeas, mixed beans, nuts and seeds.
3. Add artichoke hearts, asparagus, beets, tomatoes, peppers, mango chunks or other vegetables or fruit of choice.



fennel



Section 2 Recipe Templates

SNACK & DESSERT TEMPLATES

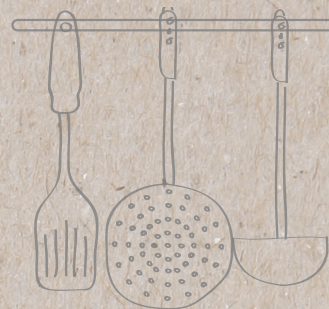
FRESH FRUIT

TROPICAL RAINBOW
FRUIT MIX

DIPS

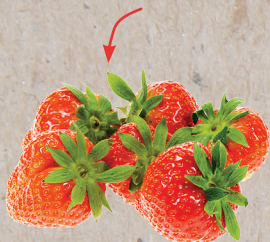
Chickpea Hummus

Tomato Salsa



Section 2 Recipe Templates

strawberries



blackberries



blueberries

Top Tip

Know how to
store your
fruit properly.

(See Reference
Guide 6, page 81.)

Fresh Fruit

EAT A RAINBOW

Fresh fruit makes an excellent, nutritious snack or starter - just remember not to brush your teeth immediately after as the acid in the fruit can attack the enamel and promote tooth decay. Simply rinse your mouth with water afterwards to cleanse.



Section 2 Recipe Templates

Tropical Rainbow Fruit Mix

Prep Time: 15 minutes

Serves 4

INSTRUCTIONS:

1. Wash all fruit under running water.
2. Place the fruit in a bowl and mix gently.
3. Spoon into bowls ensuring good mix of fruit and add a few sprigs of mint as garnish.

kiwi fruit



SUGGESTIONS

Quantities can be varied based on preference and availability. For example, raspberries could be used in place of strawberries, mango instead of oranges.

Top with a few spoonfuls of natural yoghurt.



INGREDIENTS:

400g/14oz strawberries, hulled and halved
2 oranges, peeled and segmented
2 passion fruits, halved, flesh scooped out
1 dragon fruit, cut into cubes, (see page 94)
4 kiwi fruit, peeled, sliced and halved
200g/7oz blueberries
1 pineapple cut into chunks, (see page 91)
Sprigs of mint for garnish

Section 2 Recipe Templates

Top Tip
Know how to
store your
vegetables
properly.

(See Reference
Guide 7, page 85.)

hummus



Dips

Dips can be a tasty and nutritious supplement for fresh vegetables or crudités. There is a wide range available, with popular varieties based on variations of tomato salsas, or pulses such as chickpeas and broad beans. The ingredients are usually mixed together in a food processor and can be varied in terms of ingredient content and quantity.

Texture may also be tailored to individual preferences with longer processing producing a smoother, lighter texture, and shorter processing giving a more crunchy appeal. Making dips at home provides a great opportunity to experiment with a range of ingredients and is an exciting way to incorporate fresh ingredients and vegetables into your daily diet.

Why not have a go at inventing your own special varieties to share with friends and family.

Section 2 Recipe Templates

Chickpea Hummus

Prep Time: 20 minutes

Serves 4

INSTRUCTIONS: HUMMUS

Process the chickpeas in a food processor or blender until smooth. Add the lemon juice, garlic, olive oil, and cayenne pepper and blend until creamy. Season with black pepper and transfer to a serving dish. Sprinkle with cayenne pepper. Garnish with parsley.

CRUDITES

To make the crudités, trim and peel the carrots and quarter lengthways. Halve the celery sticks lengthways and trim to the same length as the carrots.

Core, quarter and thickly slice the apple and pear, then dip into the lemon or lime juice to prevent browning. Arrange with the baby corn and cherry tomatoes in a bowl or on a platter.

INGREDIENTS:

HUMMUS

150g/5oz dried or canned chickpeas

Juice of two lemons

2 garlic cloves, sliced

2 tbsp olive oil

Pinch cayenne pepper

Freshly ground black pepper

Cayenne pepper, for sprinkling

Flatleaf parsley to garnish

CRUDITES:

6 cherry tomatoes

6 baby carrots

2 celery sticks

1 red-skinned apple

1 pear

1 tbsp lemon or lime juice

6 baby corn

The more adventurous may want to use dried chickpeas! To prepare:

Soak chickpeas overnight in a bowl with plenty of cold water.

After draining soaked chickpeas, place in a pot, cover with fresh water, and bring to the boil, boiling rapidly for 10 minutes.

Reduce the heat and simmer gently for about 1 hour until soft. Drain. Chickpeas are ready to use!

Section 2 Recipe Templates

INGREDIENTS:

1/2 red pepper cut into large chunks

2 tbsp fresh coriander

1 tomato cut in half

1/2 red onion

Juice of 1/2 lime or lemon

1 small fresh red chilli

1 garlic clove, chopped

1 spring onion, chopped

Slice of lime, for garnish



limes

Tomato salsa

Prep Time: 10 minutes

Serves 4

INSTRUCTIONS:

1. Process all ingredients using a blender until finely chopped (or until preferred consistency). Place in serving dish and adjust seasoning to taste if necessary.
2. Serve with vegetable crudités or use as a replacement for bought 'processed' relishes.



Section 2 Recipe Templates

Just for kids template

**Need to encourage kids to eat more healthily?
Well here are some brilliant ideas which are
great fun to prepare and eat, so why not
give them a try!**

CLOWN FACE

Rice cakes - face

Carrot, shredded - hair

Cucumber slices - eyes

Blueberries or raisins - pupils

Cherry tomato or strawberry,
halved - nose

Small banana, cut lengthwise
- mouth section

Red peppers, cut in strips - lips

Lettuce - dickey bow

ALTERNATIVES

Funny Bunny Rabbit - cheese
strips for teeth, cucumber and
raisins for eyes, green bean
for nose, carrot strips for ears,
and bean sprouts for mouth.

JUST FOR KIDS TEMPLATE



Top Tip
Experiment with
other fruits
and vegetables
based on what
is available in
the fridge.